



Dear Cuda parents,

Please read this important information concerning our alcohol and drug policies (adopted February 2018).

ALCOHOL/DRUGS/TOBACCO/VAPING POLICY – SWIMMERS AGES 13-18

During practices and swim meets:

- *Swimmers shall not use, possess or be under the influence of alcohol.*
- *Swimmers shall not use, possess or be under the influence of marijuana or any other illegal/unauthorized drugs or tobacco/vaping products.*
- *Swimmers shall not use or possess drug paraphernalia or tobacco/vaping devices.*

Zero-Tolerance Policy:

If a swimmer uses, possesses or is found to be under the influence of any of the above-mentioned substances/items at a practice or meet, the consequences are immediate dismissal from the practice or meet and removal from the team.

We created this policy based on incidents at the end of the 2017 season. We were alerted from multiple sources that some of our swimmers were drinking alcohol and smoking at the last Friday night meet and at Champs. In addition to being illegal, these can create a very unsafe swimming environment. The Barracudas advisory board and coaching staff strongly urge parents to speak with your children about this policy and about the dangers of consuming alcohol and/or using drugs. These are especially dangerous, beyond the inherent risks, when their heart rates are accelerated in a competitive atmosphere.

Once spring practices begin, a form with the alcohol/drugs/tobacco/vaping policy will be distributed to swimmers by the coaches. It must be signed by the swimmer and parent and returned to a coach.

ALCOHOL/DRUGS POLICY – PARENTS

Parents are prohibited from using, possessing or being under the influence of alcohol or drugs while volunteering.

Since Broadstone Racquet Club sells alcohol through the café, the Barracudas advisory board cannot prohibit the sale or consumption of alcohol at the club. However, we are strongly committed to a safe, efficient and productive environment during swim meets. Parents are reminded that they are attending a youth sporting event and we ask that they act as responsible role models.